

ALCOHOL AND OTHER DRUG USE

Encourage our youth to make good choices!

AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS IN 2021:

- 24%** drank alcohol¹
- 13%** engaged in binge drinking^{1,2}
- 15%** used marijuana¹
- 16%** misused prescription pain medication³
- 3%** ever used cocaine
- 2%** ever used heroin
- 3%** ever used methamphetamines
- 5%** ever used ecstasy
- 19%** were offered, sold, or given an illegal drug on school property⁴

1. On 1 or more days during the 30 days before the survey.
2. Had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours.
3. Ever took prescription pain medication without a doctor's prescription or differently than how a doctor told them to use it.
4. During the 12 months before the survey.



RECOMMENDATIONS



SCHOOLS AND EDUCATORS⁵

- **Be a Good Source of Information**—Provide students with the facts about the harmful effects of underage drinking and drug use. Being open and honest about the dangers of alcohol, marijuana and opioids can help students make safer decisions.
- **Show Them You Care**—Let students know that you care about their health, wellness, and success and tell them how alcohol, marijuana and other drugs can impede those things.
- **Help Them Build an Exit Plan**—Some students may not have an interest in alcohol or other drugs, but will still feel like they need to partake in order to fit in. Explain that it's okay to say no, and help them think through an exit strategy in case a friend or family member tries to pressure them in the future.



PARENTS⁶

- **Over 80 percent of youth say their parents are the leading influence on their decision whether to drink or not.** Don't assume they know how you feel about drinking and substance use. Send a clear and strong message that you disapprove of underage drinking and use or misuse of other drugs.
- **Having a plan to avoid alcohol and drug use can help children make better choices.** Talk with your children about what they would do if faced with a difficult decision about alcohol and drugs. Practice saying "no thanks" with them in a safe environment and keep it low-key.

5. Substance Abuse and Mental Health Services Administration. What Educators Can Do to Help Prevent Underage Drinking and Other Drug Use. Available at www.underagedrinking.samhsa.gov
6. Substance Abuse and Mental Health Services Administration. Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals. Available at www.underagedrinking.samhsa.gov.

For more information about the YRBS contact the Maternal and Child Health Service, MCH Assessment at (405) 426-8092 or visit URL: oklahoma.gov/health/yrebs.